



PROJECT  
*well-being*  
 a whole new state of mind

3/20/2019

**Contents:**

- 1. What is Project Well-being?**
- 1. Perks of Project Well-being.**
- 2. What is Our Code?**
- 2. What are Our Expectations?**
- 2. Weekly Schedule and Activities**
- 3. After the Cloudy Judgement**
- 3. This Weeks Field Trips**
- 4. Phase 1 Completion**
- 4. News and Events**
- 5. Our Thought and Feelings about Ourselves**
- 6. Job board**

**What is Project Well-being?**

Project wellbeing focuses on a balanced approach combining the mental, emotional, physical and spiritual aspects of wellbeing. The course was created and is run by Mary Garcia and co-ran with the help of Nicki Vogel. They aim to help guide you in creating a balanced and positive direction for your life.

Project members provide each other with various types of help usually of an unprofessional nature. Group members come together to share experiences, coping strategies and participate in group discussions. We strive to listen to and accept each other's experiences while providing sympathy and understanding.

Project well-being is a choice and not a punishment, which means that you choose when to come and when to leave. We have an open-door policy, but we do require all members of the group during class hours to be clean, sober and respectful of others who are participating.

**Perks of Project Well-being**

Members of the group are provided each day breakfast, lunch and snacks. We are also given the ability to take naps and showers at Interfaith Sanctuary during the day. We also provide group members an additional locker and space in the fridge to keep their own personal food that we can eat during group hours. Group members are also provided transportation to and from appointments, the grocery store and field trips.

## What is Our Code?

- Be Positive
- Be Respectful to Others
- To Make Changes Not Excuses
- Be Committed to Better Your Life
- To Have Confidentiality
- To Have Honesty
- To Communicate

## What are Our Expectations?

- To Be Considerate
- To Give Others Their Personal Space
- To Be Fair
- To Have Honesty
- To Evolve into A Better Version of Yourself
- To Set Goals
- To Actively Participate
- To Be a Team

## Weekly Schedule and Activities

### **Mondays:**

Mondays are open for case management and individual processing time with Mary and Nicki. Project Well Being members can work on projects. Monday Meetup is here at Interfaith Sanctuary. We also allow group members to hang out here during class hours in a safe and secure environment.

### **Tuesdays:**

Tuesdays we start learning about ourselves. Group members are offered the opportunity to relax and do some yoga with our wonderful instructor Nancy. We listen to peaceful music and meditate. In the afternoon we have Art Therapy.

### **Wednesdays:**

Wednesdays, upon finishing our lesson time, we have fun playing card games and board games with the group.

### **Thursdays:**

Thursdays we enjoy going on field trips and spending time outside of the classroom.

### **Fridays:**

Fridays we either perform a service project here at Interfaith or we love spending time outdoors going to parks or walking down nature paths.

***“Where there is acceptance, Judgement no longer has any power.”***

**Panache Desai**

## **After the Cloudy Judgement**

**By Chanylle Fonseca**

Before I began the program, I had what some may say was cloudy judgement. I only saw black and white. Everything in my life was either great or everything was bad. You could say it was either happy or sad. After I started this program, we started each day with a motivational video, which had daily affirmations in them. Slowly, my mind started seeing the small things in life for the true beauty in which they really are. Now, I wake up each day and I see the positive outlook on life, and I see true beauty in every little thing that happens. No longer do I have cloudy judgement. I owe it all to this program. Thank you, Mary and Nicki!

## **This Weeks Field Trips**

### **Crone's Cupboard:**

Crone's Cupboard sells a wide variety of unique items, these include incense, healing herbs, pendants, semi-precious stones and clothing. They also sell small dragon statues and Native American inspired dream catchers. Mary enjoys taking us there, it gives her an opportunity to bring us to a place that she goes to frequently. Malysa enjoys going because it gives her good memories of when she lived down the street from one of their stores. We have gone there twice now and hope to go as a group in the future.

### **Katheryn Albertsons Park:**

Katheryn Albertsons Park is a nature reserve, animal habitat and walk path for everyone to enjoy. In the small time that we were there we enjoyed exploring the area around the rock fountain, relaxing and unwinding from our day. Some of us stretched, some of us were barefoot, and the rest of us enjoyed just being outdoors. Alan chased some geese, but Jacob tried being their friend. It was such a good time to relax and be outdoors. We hope to go again soon.

***“Neurologists claim that every time you resist acting on your anger, you're actually rewiring your brain to be calmer and more loving.”***

**Unknown**

## Phase 1 Completion

Phase 1 of Project Well-being completed last week. Instructors Mary and Nicki are very proud of all their students progress. We are very happy to graduate Alan, Chanylle, Jacob, Malysa, Mike and Troy into Phase 2. We have learned a lot and have gained a lot of great insight from our wonderful teachers. We hope to continue improving and moving forward as we learn more and gain further insight as we progress through the different phases of the project.



## News and Events



Interfaith Sanctuary is starting a new program called The Cooper Court Running Club. This is a running program developed for our homeless guests staying at [Interfaith Sanctuary Housing Services](#). This Club was inspired by the documentary “Skid Row Marathon” where a federal judge from LA starts a club for a shelter in Skid Row and what happens once they find the gift of running is remarkable. We want to bring that gift to our population, so we have created Interfaith Sanctuary’s Cooper Court Running Club.

Here's how it works: You can sign up to be part of the running club through Project Well Being or with your Case Manager. The training runs will start right at our front door here at the shelter 4 days a week, Tuesday, Thursday, Saturday and Sunday with the ultimate goal of being fit enough to compete in [St Luke's FitOne](#) in September. Eric Stride, the Executive Director of Fit One will be offering scholarships to our participants to be a part of this amazing event.

All levels from beginner to marathoner are welcome to run. We will help get you into running shoes to begin your CCRC journey. Please sign up with your case manager if you want to be a part of the fun. Include your shoe size so we can make sure to have a pair ready for you on our first day of training which will be on Saturday, April 6<sup>th</sup> at 8am.

Like our Face Book page to stay up to date:  
<https://www.facebook.com/coopercourtrunningclub/>

***“Keep your face  
always toward the  
sunshine and  
shadows will fall  
behind you.”***

**Walt Whitman**

***“There are no  
limits to what you  
can accomplish,  
except the limits  
you place on your  
own thinking.”***

**Brian Tracy**

***“If I cannot do great  
things. I can do small  
things in a great  
way.”***

**Martin Luther King  
Jr.**

***“Only I can change  
my life. No one can  
do it for me.”***

**Carol Burnett**

## **Our Thought and Feelings About Ourselves**

**By Jacob Hieter**

The mind is our most powerful tool and what we put into it can shape us into who we can be as a unique individual. In its function it is adaptable and dynamic. The thoughts that we think today can have an impact on what through patterns, actions and behaviors that we develop in the future. There are various internal and external influences that can change the way we think and feel about ourselves.

If we are told that we are stupid, not important or do not matter for a very long time we can begin to believe that is who we are. If we are neglected and never given positive feedback or reassurance, we can find it hard to think positively, even being placed in all positive environment afterwards. It then becomes very difficult to break the cycle of negative thinking.

If we regularly practice positive self-talk, we can begin to break the cycle. If you always think negatively about yourself, others and your situation in life, beginning to practice those positive affirmations can be very difficult at first. It could take many years of practice for one to feel confident and have a positive outlook about oneself.

To master any new skill, or hobby, like meditation or yoga for instance takes a lot of time and patience. You can begin to feel frustrated but thinking a different way, a more positive way, about yourself is worth it. You are worth it. It is very important to take time for yourself to practice telling yourself positive affirmations, what you are grateful for and check in with yourself occasionally.

Be grateful for yourself, be loving to yourself and have faith in yourself. Being kind is smart and being loving is wise. You deserve to feel good about yourself, have a positive mindset, be the unique person that you are, not be ridiculed by others and to live your life to the best of your ability. Finally, remember that you are worth it.

***“Never Regret a day  
in your life. Good  
days give you  
happiness and bad  
days give you  
experience.”***

**Unknown**

***“A person who  
never made a  
mistake never tried  
anything new”***

**Albert Einstein**

***“Work hard in  
silence, let your  
success be your  
noise.”***

**Frank Ocean**

***“Two things define  
you: Your patience  
when you have  
nothing and your  
attitude when you  
have everything”***

**Imam Ali**

# **Job Board**

## **Idaho Tent Rentals:**

- We will be looking for 10 employees.
- Our hiring range starts at 9.00 and goes to 12.00, with opportunity to earn more depending on performance.
- These are seasonal positions with possibility of fulltime work after the season.
- Our Season is May-October/November.
- We will bring on new employees the last week in April
- Hours will range from 6:45am-9pm
- We have positions in Tent cleaning, Tent setup/delivery, Wash Bay (cleaning tables, chairs etc.) and Will Call (loading customer vehicles with rental items)
- The requirements for these jobs are all roughly the same:
- Must be able to lift 80-100lbs continuously.
- Great customer service skills.
- Driver experience is a plus
- Works well with a team

Please feel free to contact Luthor if you are interested.

***“When it rains look for rainbows when it's dark  
look for stars.”***

**Unknown**

***“Don't submit to stupid rules  
Be yourself and not a fool  
Don't accept average habits  
Open your heart and push the limits”***

**Push the Limits by Enigma**